

## ***SEPTEMBER IS INFANT SAFE SLEEP MONTH FOR MICHIGAN***

Governor Jennifer M. Granholm declared September as Infant Safe Sleep Month in Michigan to help stem the growing tide of deaths caused by babies being put to sleep in unsafe environments. We'd like to remind professionals and institutions caring for women, infants, children, and families of the important facts on Infant Safe Sleep:

- In 2006, 52 Michigan babies, or **one child every week** died of accidental suffocation or strangulation in bed
- An additional 51 infant deaths were classified as SIDS in 2006 <sup>1</sup>
  - Four out of 5 deaths due to suffocation occur in an adult bed, waterbed, couch, or recliner
  - For nearly ¾ of deaths due to suffocation, the baby was found sleeping with another adult or child
  - Soft/heavy bedding was found to be a factor in 50% of the sleep related deaths <sup>2</sup>

### ***You can help make a difference!***

Urge your families to follow the American Academy of Pediatrics Guidelines:

- **Infants should be placed to sleep on their BACKS for every sleep**
- **Use a firm sleep surface, firm mattress covered only with a fitted sheet**
- **Keep soft objects and loose bedding out of the crib (no pillows, quilts, comforters, stuffed toys, or other soft objects)**
- **Do not smoke when you are pregnant, do not smoke or let others smoke around baby**
- **Do not share a bed with your baby. A safe crib in the parents room, next to the adult bed is recommended**
- **Avoid overheating baby**
- **Encourage “Tummy Time” when baby is awake**
- **Make sure everyone caring for your baby knows these guidelines**

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### ***Resources***

- Web site: [www.michigan.gov/safesleep](http://www.michigan.gov/safesleep)  
The Web site is designed for parents, professionals, and other caregivers.
- Tomorrow's Child/Michigan SIDS: 1-800-331-7437 or e-mail at [info@tcmisids.org](mailto:info@tcmisids.org) to order brochures, posters, DVD's on safe sleep for your clinic or office setting
- Online training is available FREE: [www.learning.mihealth.org](http://www.learning.mihealth.org)  
The goal of this course is to provide individuals caring for pregnant women, infants, and caregivers with education strategies and interventions to promote a consistent safe sleep environment
- Data and reports are available through Michigan Public Health Institute, 1-517-324-7330, or [www.keepingkidsalive.org](http://www.keepingkidsalive.org)

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<sup>1</sup>Michigan Vital Statistics, 1989-2006 Michigan Department of Community Health

<sup>2</sup>Child Deaths in Michigan, 2005 Annual Report, Michigan Department of Human Services/MPHI